

*GFID71 Maintenance



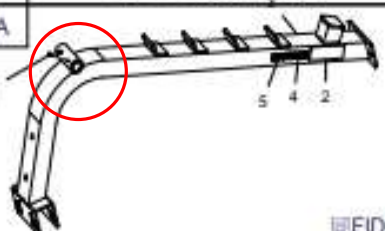
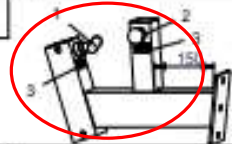
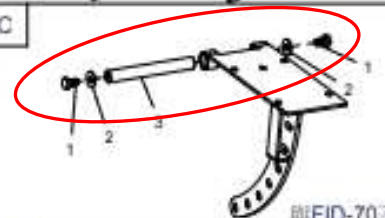
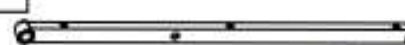
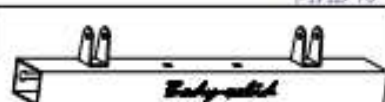
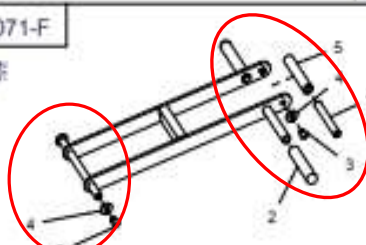
* Customers can put some grease on pivot points (red circle place), with brass or gunmetal bushings.

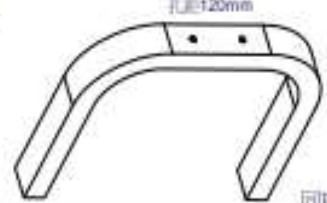
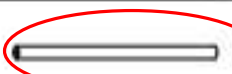
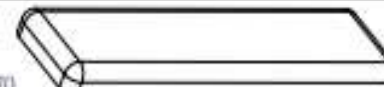


* Let's maintain your machine!

32FID-71 包裝明細

P. 1

零件代碼	品名及圖案	用量	備註
20FID71-A	烤白漆 	1PCS	1. 組立5/16"X5/16" 沉頭螺絲=2PCS 2. 貼9440-025 注意標籤=1PCS 3. 貼9440-030 注意標籤=1PCS 4. 貼"底地"=1PCS 5. 貼"工單"=1PCS
20FID71-B	烤白漆 	1PCS	1. 組立8250-012 7/8"調整組=1PCS 2. 組立8250-006 1/2"調整組=1PCS 3. 貼9440-029貼紙=2PCS
20FID71-C	烤黑漆 	1PCS	1. 組立1/2"X1"螺絲2PCS 2. 組立1/2"螺絲2PCS 3. 組立8220-070 Ø1"X225L=1PCS
20FID71-D	烤黑漆 	2PCS	20X40X2LX900L
20FID71-E	烤白漆 	1PCS	1. 貼9440-027=1PCS
20FID71-F	烤黑漆 	1PCS	1. 組立8210-038固定軸心 5/8"X115L=1PCS 2. 組立9212-030=2PCS 3. 組立M10X16L 平頭圓內六角螺絲=4PCS 4. 組立M10華司=4PCS 5. 組立9212-029調整管=1PCS

零件代碼	品名及圖案	用量	備註
20FID71-G	電鍍 	1PCS	45X1.8X380 45X1.8X400 同FID-70
20FID71-H	烤白漆 	1PCS	孔距120mm 同FID-70
260124A	電鍍 	2PCS	同FID-70
9161-009	泡棉 	4PCS	Ø1"X1.6LX475L
9112-021	同FID-70 	1PCS	4"X23X8"
9121-034		1PCS	1. 同背墊膠在[25-01] 包裝在同一紙箱上
8313-066	連接片 	1PCS	9180-002保護蓋=1PCS 9180-001保護蓋=2PCS 9180-009保護蓋=5PCS 9630-009束帶=6PCS 9630-028石蠟布=4PCS
GFID71	螺絲包	1SET	75X6X150L
23FID71	附件包	1SET	
KFID71	說明書	1SET	

Before You Begin

Thank you for purchasing the GPD-71. To be sure you get the best of quality strength training machine, we put you through specific machine steps to set your machine (and overall body condition). To maximize your use of the machine, please study the Owner's Manual thoroughly.

Required Tools

The basic tools that you must have before assembling the GPD-71 include but are not limited to:

- Metric Allen Key Set
- Standard Allen Key Set
- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Screwdriver (standard and/or phillips)

Installation Requirements

Please follow installation requirements when assembling the GPD-71:

Setup the GPD-71 on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Clear space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified in the instructions to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws on the machine, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

Read all "Notes" on each page before beginning each step.

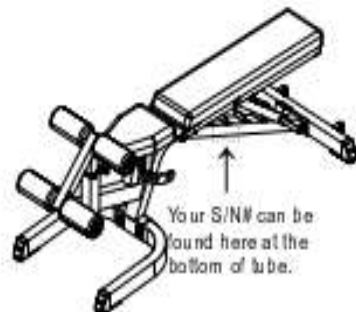
When you may be able to assemble the GPD-71 using the instructions only, parts or sub-assembly and other tips are provided in the text.

Some pieces may be extra heavy that may not allow. Use only those tools indicated in the parts lists and instructions.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. When tightening the machine, be sure to leave room for adjustments.

NOTE: The bolts that are marked "Torque" in your back up panel. Keep away from children.

CAUTION: Observe cautions! If you find that you can't assemble the GPD-71 by yourself, then do not attempt to do so as this could result in injury. Please refer to the instructions before proceeding with the assembly steps.



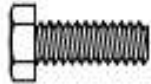
Daily-Sole continually seeks ways to improve the performance, specifications and product manual in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Daily-Sole equipment, and cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors or omissions. However, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Daily-Sole representative, or the Service Department at Daily-Sole, Inc. in Tustin, Park, 1999.

Hardware List

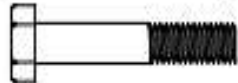
Part#	Size	Description	Quantity
1	5/16"X1"	HEX HEAD BOLT	4 PCS.
2	M8X45mm	HEX HEAD BOLT	2 PCS.
3	5/16"X2 1/4"	HEX HEAD BOLT	6 PCS.
4	M12X25mm	HEX HEAD BOLT	2 PCS.
6	M12X80mm	HEX HEAD BOLT	4 PCS.
7	M10X16mm	ALLEN HEAD BOLT	2 PCS.
8	M8X6mm	ALLEN HEAD BOLT	2 PCS.
9	M8	NYLON LOCK NUT	2 PCS.
10	M12	NYLON LOCK NUT	4 PCS.
11	8mmX24mm	FLAT WASHER	14 PCS.
12	10mmX30mm	FLAT WASHER	2 PCS.
13	12mmX37mm	FLAT WASHER	10 PCS.
14	8mm	SPRING WASHER	10 PCS.
15	Ø25mm	ROUND END CAP	4 PCS.
16	60X45X40mm	NYLON BUSHING	1 PCS.
17	45X45mm	CONVEX END CAP	3 PCS.
18	60X45X130mm	NYLON BUSHING	1 PCS.
19	50X50mm	CONVEX END CAP	1 PCS.
20	20X40mm	END CAP	2 PCS.
21		FOAM ROLLER	4 PCS.
22	Ø75mm	NYLON WASHER	4 PCS.
23	50X75mm	FOOT CAP	4 PCS.
24	38X38mm	RUBBER CATCH	1 PCS.
25	Ø64mm	RUBBER WHEEL	2 PCS.
26		MUSHROOM PIN	1 PCS.
27		T-HANDLE PIN	1 PCS.

Hardware (To Scale)

Part #1 5/16"X1" HEX HEAD BOLT QTY. 4



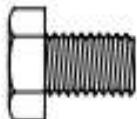
Part #2 M8X45mm HEX HEAD BOLT QTY. 2



Part #3 5/16"X2 1/4" HEX HEAD BOLT QTY. 6



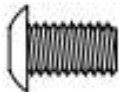
Part #4 M12X25mm HEX HEAD BOLT QTY. 2



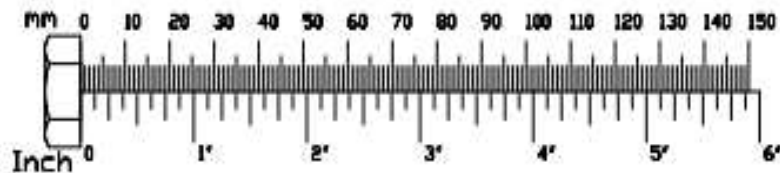
Part #6 M12X80mm HEX HEAD BOLT QTY. 4



Part #7 M10X16mm ALLEN HEAD BOLT QTY. 2

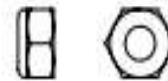


Part #8 M8X6mm ALLEN HEAD BOLT QTY. 2



Hardware (To Scale)

Part #9 M8 NYLON LOCK NUT QTY. 2



Part #10 M12 NYLON LOCK NUT QTY. 4



Part #11 8mmX24mm FLAT WASHER QTY. 14



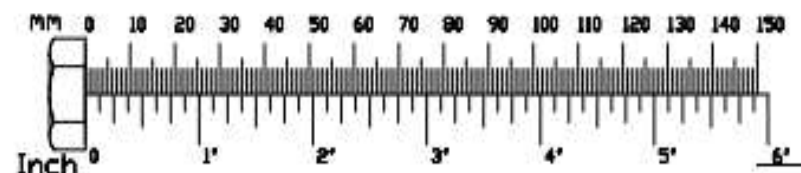
Part #12 10mmX30mm FLAT WASHER QTY. 2



Part #13 12mmX37mm FLAT WASHER QTY. 10



Part #14 8mm SPRING WASHER QTY. 10

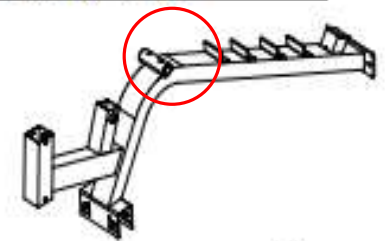


Hardware

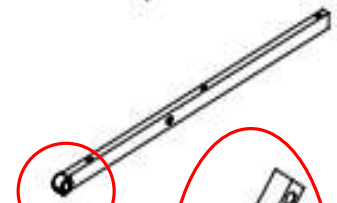
Part #15		Ø25mm ROUND END CAP	QTY. 4
Part #16		60X45X40mm NYLON BUSHING	QTY. 1
Part #17		45X45mm CONVEX END CAP	QTY. 3
Part #18		60X45X130mm NYLON BUSHING	QTY. 1
Part #19		50X50mm CONVEX END CAP	QTY. 1
Part #20		20X40mm END CAP	QTY. 2
Part #21		FOAM ROLLER	QTY. 4
Part #22		Ø75mm NYLON WASHER	QTY. 4
Part #23		50X75mm FOOT CAP	QTY. 4
Part #24		38X38mm RUBBER CATCH	QTY. 1
Part #25		Ø64mm RUBBER WHEEL	QTY. 2
Part #26		MUSHROOM PIN	QTY. 1
Part #27		T-HANDLE PIN	QTY. 1

Mainframe Parts List

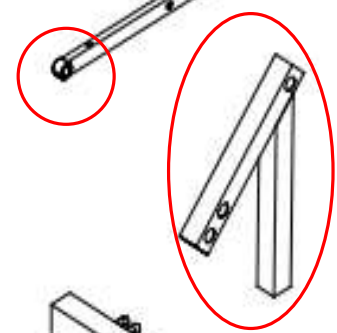
PART A – MAINFRAME, 1PCS



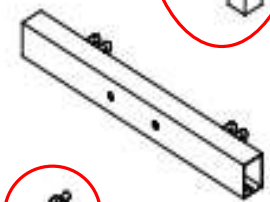
PART B – SUPPORT FRAME, 2 PCS



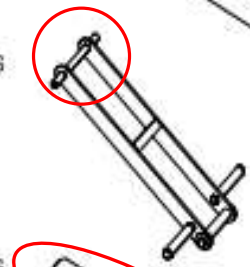
PART C – LEG ADJUSTER, 1 PCS



PART D – REAR FRAME, 1 PCS



PART E – BENCH ADJUSTER, 1 PCS



PART F – MAIN CONNECTOR, 1 PCS

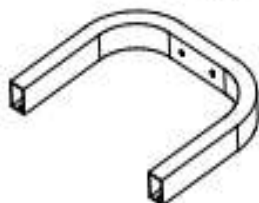


Mainframe Parts List

PART G – SEAT ADJUSTER, 1PCS



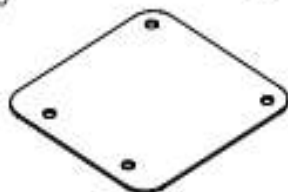
PART H – BASE FRAME, 1 PCS



PART I – ROLLER ROD, 2 PCS



PART J – PAD CONNECTOR, 1 PCS



PART K – SEAT PAD, 1 PCS

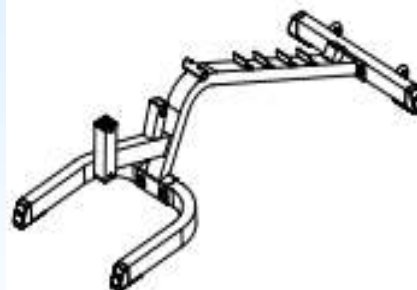


PART L – BENCH PAD, 1 PCS



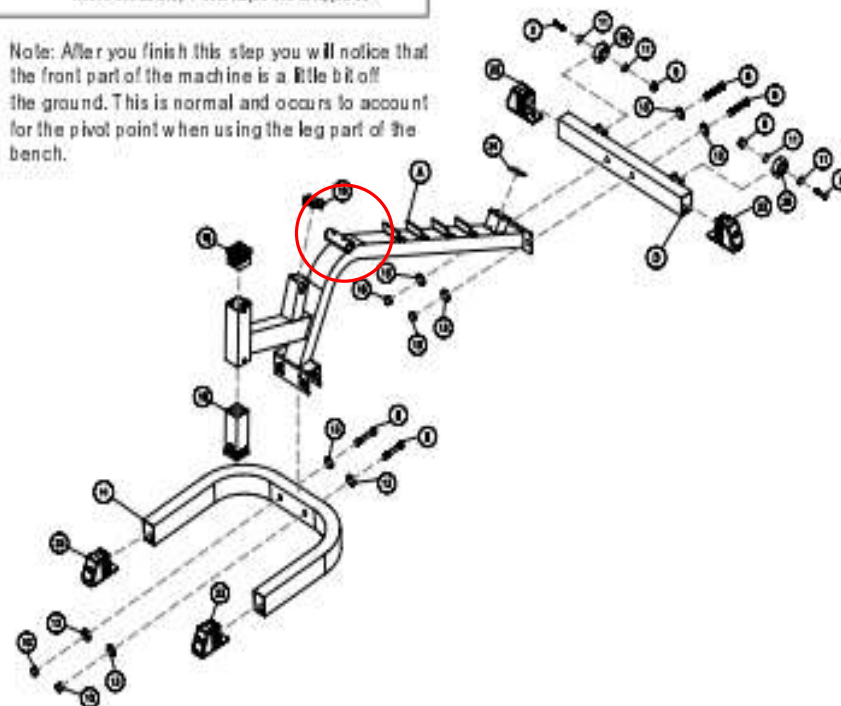
STEP

1

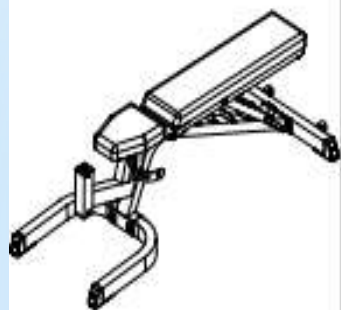


Also shown Step 1 assembly and completed:

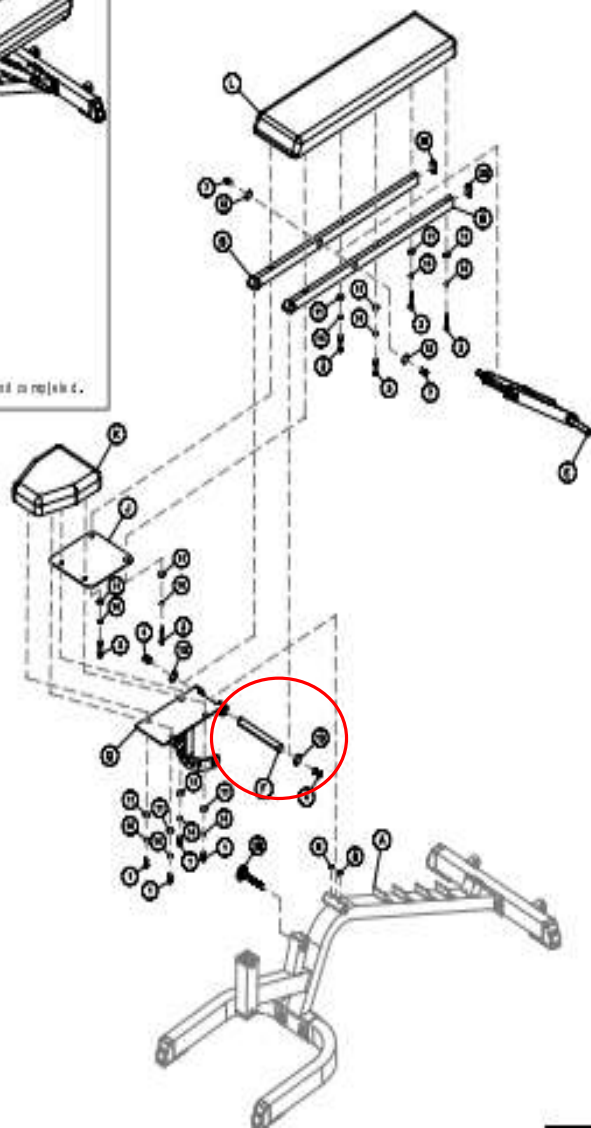
Note: After you finish this step you will notice that the front part of the machine is a little bit off the ground. This is normal and occurs to account for the pivot point when using the leg part of the bench.



STEP 2



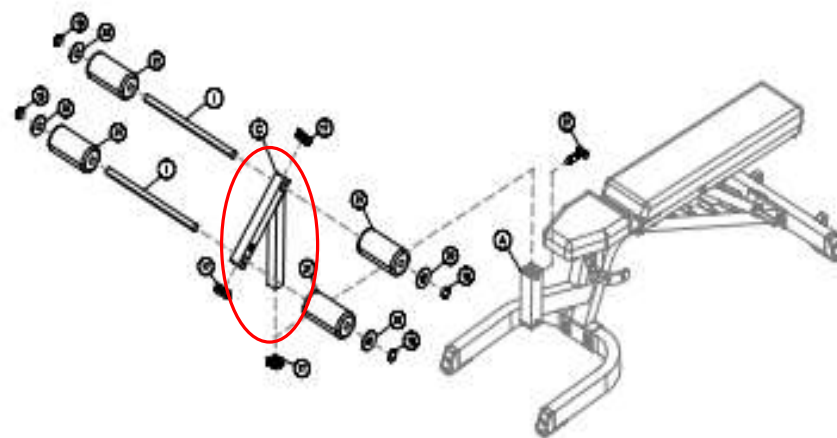
Also shown Step 2 is mounted and in place 4.

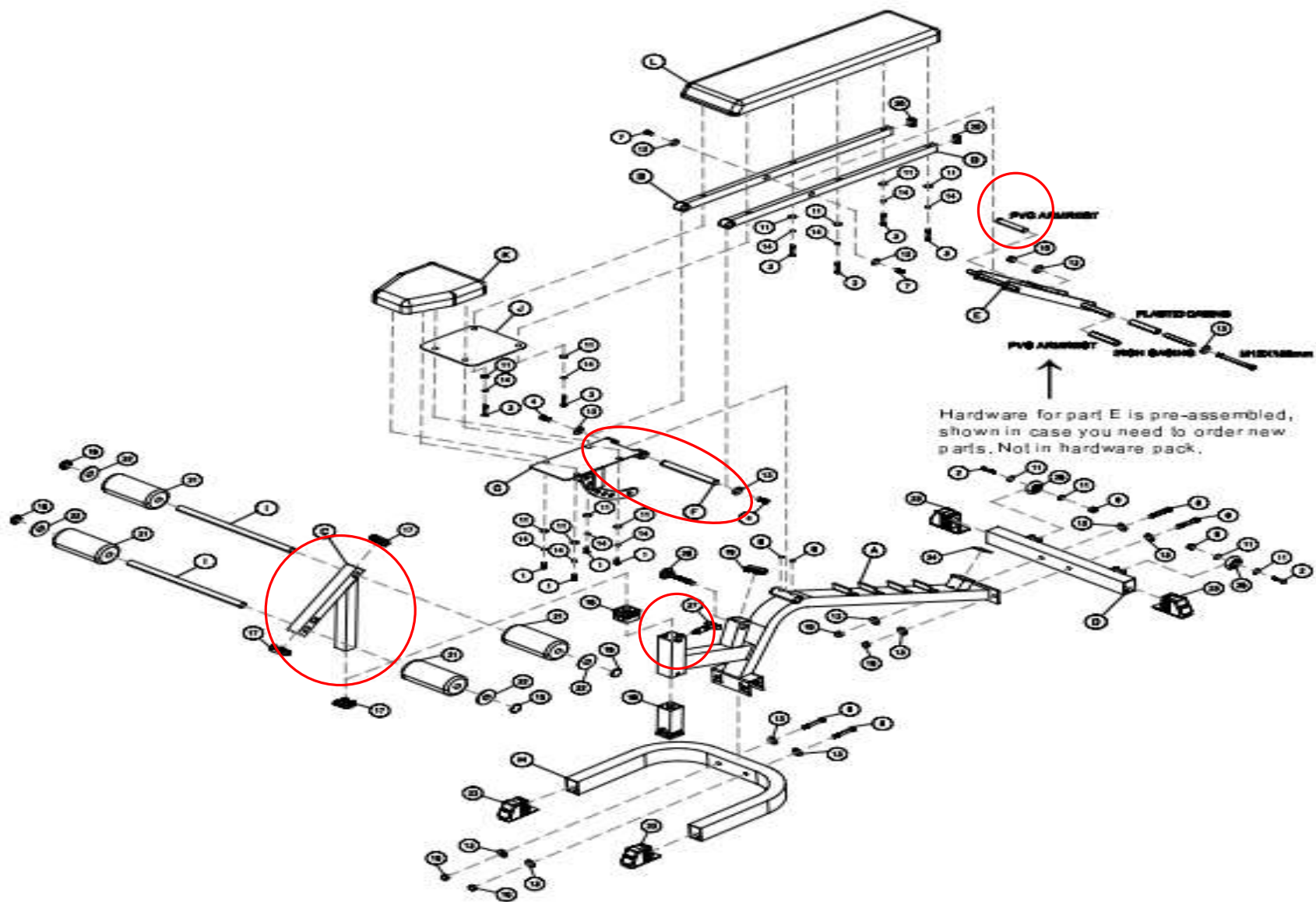


STEP 3



Also shown Step 3 is mounted and in place 4.





*Well done!

